

## **ABSTRACT**

Methods of preventing or alleviating cardiovascular disease, as well as increasing fibrinolysis levels in a subject, through the identification of subjects with an allele and/or genotype at a gene locus that positively correlates with improved success in increasing fibrinolysis, as compared to other alleles and/or genotypes at the same gene locus, and through engagement of these subjects in exercise training for a period of time sufficient to increase fibrinolysis.